



U.S. Department of Veterans Affairs
VA San Diego Healthcare System

Opportunity for Human Research Subjects



Veterans Medical Research Foundation

Couples Therapy for PTSD Study (CBCT-OT)

Category

PTSD/TBI

Enrollment Closing Date

Jun 30, 2027

Description

CBCT-OT is a research study focused on helping couples in which one partner has PTSD. Couples will all complete bCBCT, an established couple therapy for PTSD. Veterans with PTSD will also take intranasal oxytocin or placebo before each bCBCT session. Intranasal oxytocin is a medication mimicking the hormone oxytocin, which is naturally occurring in our bodies, and sometimes referred to as the "love hormone" or "cuddle chemical."

Requirements

Couples in which one partner has PTSD & the other does not. Both members of the couple must be willing to participate in bCBCT & research surveys. Veterans with PTSD must not be pregnant & must use contraception if applicable.

Benefits

Participants will receive couple therapy for PTSD at no cost. In addition, couples can be compensated up to \$650 total for completing all research assessments.

Contact Information

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VA San Diego Healthcare System
IRB NUMBER: H230144
IRB APPROVAL DATE: 08/29/2024